



# **The Spouse Employment Assistance Program**

**Presents:**

The Spouse Career/Life Course  
for Navy Spouses

# Course Purpose

“To empower Navy Spouses to manage  
their own career and life goals,  
and  
to enable them to be in a position  
of choice in their lives.”

# Course Goals

**Upon completion of this course, you will be able to:**

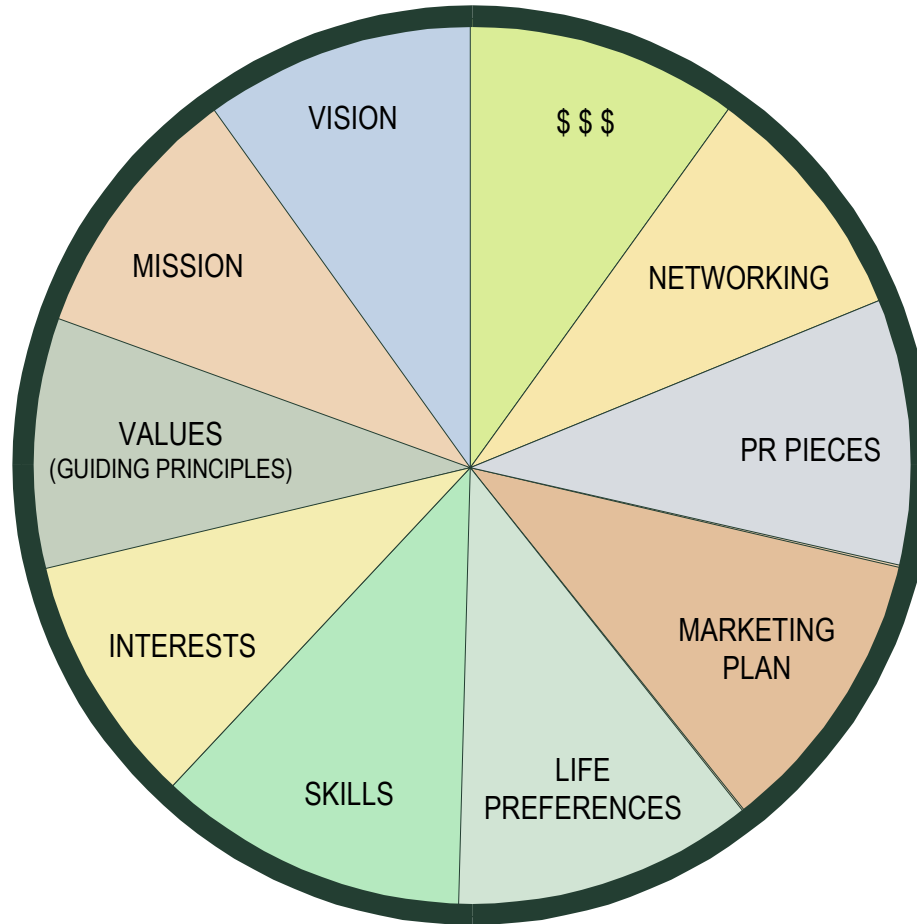
Identify your personal career and life goals

Identify a plan to achieve your career/life changes and address your personal change issues

Apply skills necessary to conduct an effective work search

Understand many of the career and life options available to Navy Spouses

# Career Plan



# Course Flow

**Module 1:**  
What's My Career Plan



**Module 2:**  
Where Am I Now?



**Module 3:**  
What Do I Have To Do?



**Module 4:**  
Financial Management



**Module 5:**  
Career Exploration

# Course Flow

**Module 6:**  
Marketing Yourself



**Module 7:**  
Written Marketing Tools



**Module 8:**  
The Interview Process



**Module 9:**  
Federal Employment



**Module 10:**  
Careers On-The-Go

# Course Flow

**Module 11:**  
Entrepreneurism

**Module 12:**  
Volunteerism

**Module 13:**  
21st Century Workplace

**Module 14:**  
Creating Balance in Your Life

# What's My Career Plan?

## Module-1





# Objectives

**At the end of this module, you will be able to...**

Complete a career plan to describe your ideal future.

Identify what you think you need to have to achieve your plan.

# Summary

## **In this Module you:**

Answered the question, “What’s My Career Plan?”

Created a vision of your ideal future.

Listed what you think you need to have to achieve your plan.